



Hiking with the crew.



Picnics in the park.



A Time and Place for Everything

Your State of South Dakota employee well-being program has a new name and logo – **LiveWellSD**. The new name emphasizes our commitment to empowering employees and their families to take charge of their total well-being and live their best life at work and at home!

From staying active to sleeping in, well-being happens by finding the right balance for you. **LiveWellSD** is designed to support you holistically in all areas of wellness. **LiveWellSD** can help you capture more moments of activity and rest, solitude and social connection, and time spent caring for every part of your well-being.

Today is a great time to focus on your well-being!

- **Take the first step towards better well-being and rewards by scheduling your annual wellness preventive exam and completing the biometric screening form with your provider.***

Schedule your annual wellness exam with your physician today and learn valuable health numbers with a biometric screening. This year, biometric screenings will only be available through your physician.

Developing a relationship with your doctor is crucial for maintaining your health. Receiving regular health screenings and doctor visits will enable you to identify health problems before they start.

- **Enjoy resources** and well-being activities throughout the year. Visit the LiveWellSD portal often and watch for point activities to be announced under Take Action!

- **Explore and Learn**—Discover exercise videos, recipes, mental health podcasts and more.
- **Well-being Webinars**—Enjoy a new well-being topic each month.
- **Daily Habits Plans**—Work towards a wide range of goals such as losing weight, reducing stress, or staying active, by taking small steps each day.
- **Health Coaching**—Visit with a trusted WebMD Health Coach via phone or chat.
- **Team and Individual Challenges**—Stay motivated by joining challenges throughout the year that align with your goals.
- **Walk With Ease**—Take steps to better health by joining Walk With Ease, a walking program aimed at helping you begin or maintain a walking program that is personalized for you.
- **Community**—The Community feature helps you connect with colleagues through fun and motivating group chats on a variety of topics including exercise, eating well, reducing stress, sleeping better and finding joy.
- **Better Choices Better Health Workshops**—Learn techniques for managing cancer, pain, and other chronic conditions to improve the quality of life for yourself or a loved one.
- **Livongo Diabetes Management**—Receive a connected meter, unlimited test strips and lancets and coaching along with actionable, personalized, and timely feedback to support living with diabetes.**
- **Livongo Diabetes Prevention**—Create a healthier lifestyle to lose weight and prevent the onset of type 2 diabetes. Receive a smart scale, expert coaching, and guidance to build healthy habits that last.**

Find your healthy balance at bhr.sd.gov/livewellsd.

Download our app

1. Visit the Apple App Store or the Google Play Store and search for “Wellness At Your Side.”
2. Download the app, then enter your connection code: southdakota.



*Employees and their covered spouse can complete one annual wellness preventive exam per plan year (July-June). We do not require 12 months between exams. To count towards well-being rewards, the Biometric Screening form can be completed with your provider and submitted to Total Wellness between April 1, 2023-April 1, 2024.

**Livongo programs are available to employees and their dependents on the health plan that meet eligibility criteria.